



## **International Waffle Day Monday March 25th!**

**The Main Street Café will have 4 different  
specialty waffles for breakfast from  
6:30am - 9:00am.**

**At lunch (11:00am - 2:00pm) come and  
enjoy chicken and waffles with maple  
syrup or spicy maple syrup.**

# Crusts N' Such

*If you do not see this week's menus, please try caching your browser*

*Menu for the week of March 25, 2024*

**SERVED MONDAY—FRIDAY 11:00 AM - 2:00 PM**

(All items served with our house made salad.)

## **MONDAY - SANDWICHES**

Meatball Parmesan Sandwich with meatballs made with beef & pork covered in tomato sauce and mozzarella cheese, toasted to perfection & garnished with parsley (Milk, Soy, Wheat) .....\$5.75

Eggplant Parmesan Casserole with breaded and oven baked eggplant covered in tomato sauce and mozzarella cheese, toasted to perfection & garnished with parsley (Milk, Wheat) (Veg) .....\$5.75

## **TUESDAY - PANINI**

House roasted chicken, smoked bacon, tomato, spinach, cheddar cheese and garlic mayonnaise (Egg, Milk, Soy, Wheat) .....\$5.75

Seitan with corn, black beans, red & green peppers, onions and diced tomatoes in a tomato wrap with cilantro tofu dipping sauce (Soy, Wheat) (V) .....\$5.75

## **WEDNESDAY - PIZZA/PANINI**

Pork Banh Mi Sandwich on a baguette with roast pork loin, pickled carrots, kimchi, cilantro, and hoisin sriracha mayonnaise (Soy, Wheat, Egg).....\$5.75

Mozzarella with tomato sauce (Milk, Wheat) (Veg) .....\$3.00

## **THURSDAY - PIZZAS**

Thai chicken with red curry paste, satay sauce, red peppers, cilantro, red cabbage and mozzarella cheese (Milk, Shellfish, Soy, Wheat) .....\$4.25

Basil pesto, diced roasted eggplant and tomatoes, drizzled with Alfredo sauce topped with mozzarella cheese (Milk, Tree nuts, Wheat) (Veg).....\$3.75

Mozzarella with tomato sauce (Milk, Wheat) (Veg) .....\$3.00

## **FRIDAY - FRESH FISH & PANINI**

Fresh Fish of the day (Changes Weekly).....\$7.25

Peppered Turkey Panini with Apricot, Brie Cheese, served in a whole wheat wrap (Milk, Soy, Wheat) .....\$5.75

**V= Vegan GF= Gluten Free, Veg = Vegetarian**

Highlighted on this menu are the top 8 allergens (Peanuts, Tree nuts, Wheat, Fish, Shellfish, Soy, Dairy, Eggs).



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# Cook To Order

*Menu for the week of March 25, 2024*

LUNCH MENU SERVED MONDAY — FRIDAY 11:00 AM - 2:00 PM

## MONDAY - TACOS

Shrimp (Shellfish) or pork filled tacos served with spicy southwestern slaw in a soft tortilla shell with sour cream, salsa and guacamole (Soy, Wheat) Gluten free taco available upon request

.....One Pork \$3.25, Two Pork \$5.95, One Shrimp \$3.50, Two Shrimp \$6.75

## TUESDAY - KOREAN BBQ BOWL

Turmeric brown rice with steamed edamame, sesame stir fry vegetables, kimchi, Gochuchang Korean BBQ sauce with choice of honey cumin tofu or Asian braised Beef (Soy, Wheat)

.....Tofu \$5.50, Beef \$7.25

## WEDNESDAY - ASIAN STIR FRY

Stir-fry broccoli, pea pods, onions, carrots, red cabbage and mushroom sautéed with hoisin sauce served over brown rice, option to add protein (Soy, Wheat)

.....Vegetable \$4.25, Tofu \$5.50, Chicken \$5.95

## THURSDAY - NOODLE BOWL

Noodle Bowl with broccoli, pea pods, bok choy, carrots, mushrooms and onions sautéed with red curry broth served over rice noodles (Shellfish, Soy, Tree Nuts) (GF)

.....Tempeh \$5.50, Chicken \$5.95, Shrimp \$6.75

## FRIDAY - CHEF'S CHOICE

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**We do our best to support a healthy planet as well as healthy employees. That is why 60% of our food purchases last year were sustainable!**



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# Soups

SERVED MONDAY — FRIDAY 11:00 AM - 2:00 PM

(Includes 2 packs of Westminster Crackers)

## MONDAY

Shiitake Mushroom Barley (Wheat, Soy) (V).....	\$4.00
Chicken Chili (GF) .....	\$5.00

## TUESDAY

Sausage, Bean & Kale (Soy) .....	\$4.00
Tomato Basil Soup (Milk) (GF, Veg).....	\$4.00

## WEDNESDAY

Vegetarian Corn Chowder (Milk, Soy) (GF, Veg) .....	\$4.00
Chicken Gumbo (Soy) (GF).....	\$4.00

## THURSDAY

Mulligatawny (Milk, Tree Nuts (coconut)) (GF).....	\$4.00
Hot & Sour Soup (Soy, Wheat, Sesame) (Veg, V).....	\$4.00

## FRIDAY

New England Clam Chowder (Milk, Shellfish, Soy) (GF).....	\$4.00
Curried Apple Butternut Bisque (Soy, Tree Nuts (coconut)) (GF).....	\$4.00

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**All Gluten Free soups are prepared without gluten, in accordance with the FDA definition of gluten free. The University of Vermont Medical Center is not a gluten free facility.**



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# Cook To Order

BREAKFAST MENU SERVED MONDAY — FRIDAY 6:30 AM - 9:00 AM

## EGGS YOUR WAY

Two Scrambled Eggs .....	\$2.50
With Cabot Cheddar or Pepper Jack Cheese .....	\$3.00
Cheese Omelet (two eggs folded with choice of Cheddar or Pepper Jack Cheese).....	\$3.50
Create your own Omelet or Scrambled with five toppings (see below).....	\$4.75
Breakfast Wrap (Wheat, Soy, Egg, Milk) (two scrambled eggs with choice of five toppings, see listed below) .....	\$4.75

### Choose five ingredients:

Tomato, mushroom, black beans, spinach, onions, red peppers, green peppers, pork sausage	
Each Additional Topping.....	\$0.50

## PIZZA YOUR WAY

Breakfast Bagel Pizza (Wheat, Soy, Egg, Milk) or Pepper Pizza with two scrambled eggs and choice of five toppings (see below).....	\$4.75
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### Choose five ingredients:

Goat cheese, cheddar, pepper jack, mozzarella, parmesan, guacamole, pesto, tomato sauce, tomato, spinach, black beans, mushrooms, red onion, broccoli, pork sausage. Each additional topping.....	\$0.50
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## BELGIAN WAFFLES WITH VERMONT MAPLE SYRUP

Whole Belgian Waffle (Wheat, Milk, Egg) (Veg).....	\$4.50
Half Waffle (Wheat, Milk, Egg) (Veg).....	\$2.25
Whole Belgian Waffle with Toppings (choose from chocolate chips, whipped cream, organic berries)....	\$5.50

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# Main Street Cafe

OPEN MONDAY — FRIDAY 6:30 AM - 2:00 PM

(Menu & pricing subject to change.)

## ASSORTED SNACKS

Assorted Chips.....	\$1.00 - \$2.75
Planter's Trail Mix.....	\$1.25
Fig Bars (GF).....	\$2.00
Cheez-It Crackers.....	\$0.50
VT Smoked and Cure Sticks (GF).....	\$2.50
Fresh Fruit.....	\$0.75
Assorted Bars and Cookies.....	\$1.00 - \$4.00
Assorted Muffins and Pastries.....	\$2.25 - \$3.25
Grab n Go Sandwiches.....	\$4.25 - \$5.25
Green Mountain Greek Yogurt.....	\$2.25
Hummus and Pretzels.....	\$3.25
Guacamole and Tortilla Rolls.....	\$3.25
Cabot Cheddar Cheese.....	\$1.00
Fruit & Yogurt Parfait.....	\$3.99
Untapped Maple Cookie.....	\$2.25

## ASSORTED BEVERAGES

Freshly Brewed Organic Iced Tea & Coffee.....	\$2.10
Speeder and Earls Coffee.....	\$1.80 - \$2.40
Aqua Vitea Kombucha.....	\$4.50
Bottled Juices.....	\$2.00 - \$2.50
Naked Smoothies.....	\$3.95
Hood Milk - Skim, Whole, Chocolate.....	\$0.50
Seltzers.....	\$1.50 - \$2.00
Pure Leaf Tea.....	\$3.00
Starbucks Cold Brew.....	\$4.00

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